

SPORTS & FITNESS

B SECTION

On Post

Softball Tourney

A Midnight Madness Softball Tournament will be held Sept. 24-25 (Friday night to Saturday morning) at the Fort Stewart Sports Complex.

The entry deadline is Sept. 20 and the entry fee is \$165. The tournament is limited to 20 teams, and teams are limited to 15 players (including coaches).

The tournament is open to military and civilians. Call Kurtis Eby at 492-1173 or 884-7106 for more information.

Soccer league

The 6-man fall soccer league sign up is from now to Sept. 23. Registration is at the Fort Stewart Sports Office, building 471 or at Hunter, building 925. Active duty, National Guard, and Reserves are eligible to sign up. For more information, call 767-8326/8238 or 352-6749.

Pilates

Pilates classes are held Monday, Wednesday and Friday in the Palmetto Room at Club Stewart, from 6 to 7:15 p.m. Cost is \$45 per month. Sign up prior to 6 p.m.

For more information call Jake at 767-3033.

Newman consultations

The Newman Physical Fitness Center now offers free personal training consultations. Consultations consist of health screenings, exercise prescription and nutritional counseling. For more information, call 767-2771.

Tae Kwon Do Classes

Tae Kwon Do will be offered at the Hunter ACS building Tuesdays and Thursdays from 6 p.m. to 7 p.m.

Off Post

Health and Fitness Expo

The Woodlands Health & Rehabilitation Center, along with the Liberty County Chamber of Commerce will be hosting a Health and Fitness Expo Sept. 25 at the Woodlands Health & Rehabilitation Center.

The expo will offer free carnival rides, a bicycle safety rodeo, face painting and cholesterol and blood pressure screening. Live music and entertainment, along with local vendors and food providers, will be on hand to offer up their goods and services. For more information call the health center at 884-3361.

Jekyll Island Golf

All Georgia military personnel can enjoy free greens fees at all four Jekyll Island golf courses now through Oct. 31. Cart fee is \$18, but not required.

This special does not apply to tournament play. Tee times must be made in advance and can be booked online at www.jekyll-island.com or call 912-635-2368.

If you're interested in having your sports articles, commentaries or briefs posted in The Frontline, call 767-3440, or fax at 767-4951. Deadline is noon on Fridays.

Allen finishes 18th in Olympic modern pentathlon

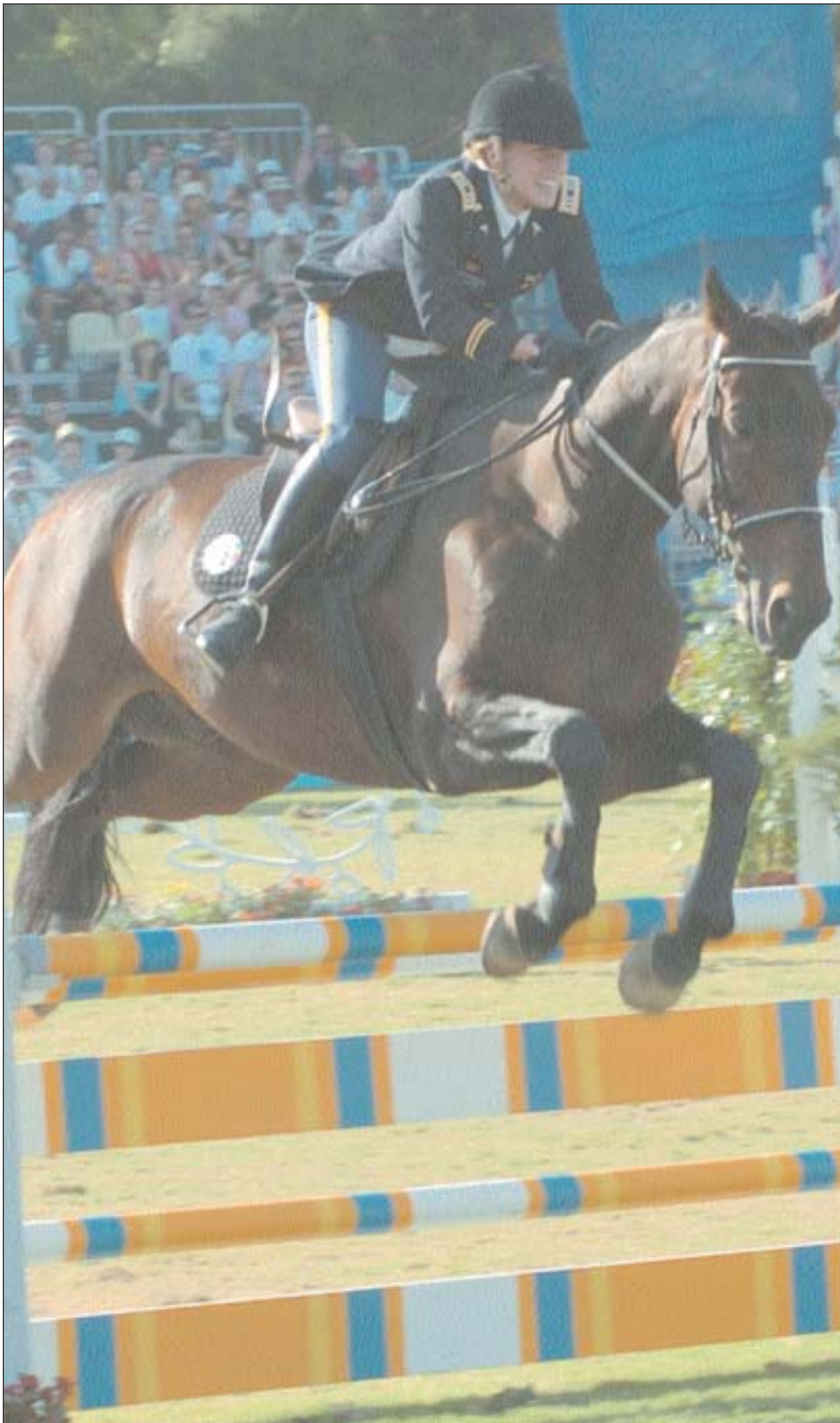


Photo by Tim Hipps

Capt. Anita Allen of the U.S. Army World Class Athlete Program rides Dino to a first-place finish in the equestrian show jumping portion of the women's modern pentathlon in the 2004 Summer Olympic Games at Goudi Olympic Complex in Athens, Greece. The ride was the highlight of the day for Allen, who finished 18th in the five-sport event.

Browne finishes 65th in Olympic men's marathon

Tim Hipps

Army News Service

ATHENS, Greece — Oregon National Guard Capt. Dan Browne pushed himself to the limit Aug. 29 to finish 65th in the men's marathon in the 2004 Summer Olympic Games.

Browne, a former member of the U.S. Army World Class Athlete Program and graduate of the U.S. Military Academy at West Point, N.Y., was one of 81 runners to complete the challenging, 26.2-mile trek from Marathon to Panathinaiko Stadium, site of the first modern Olympic Games in 1896.

Twenty other runners succumbed to the 86-degree heat and 39 percent humidity and failed to finish.

Italy's Stefano Baldini, 33, won the gold medal with a time of 2:10:55. Silver medalist Mebrahtom Keflezighi, 29, of Mammoth Lakes, Calif., emigrated from the African nation of Eritrea at age 12 and became a U.S. citizen in 1998. On this day, he became the first American to win a medal in the men's marathon since Frank Shorter won silver in 1976.

Browne, 29, of Portland, Ore., entered the stadium running on empty and could barely walk or talk after crossing the finish line with a time of 2 hours, 27 minutes and 17 seconds.

"I'm done to the end," he said. "That was all I had out there."

About 45 minutes after finishing, Browne tried to talk while walking with the assistance of a coach's supportive shoulder.

After boarding a media bus by mistake, the disoriented Browne was being held afoot by fellow athletes before climbing aboard his bus to the village.

"I'm sorry, I just can't talk right now," he said. "I wish I could."

He later regrouped and shared his thoughts. "I'm pretty worked right now," said Browne, who has run only three marathons. "It was just really hard to finish this race. I had to dig in."

Tim Hipps

Army News Service

ATHENS, Greece — Capt. Anita Allen defied all odds by finishing 18th in women's modern pentathlon Aug. 27 in the 2004 Summer Olympic Games at Goudi Olympic Complex.

Allen, a member of the U.S. Army World Class Athlete Program at Fort Carson, Colo., accomplished the feat despite undergoing left ankle surgery last November without having needed time to properly rehabilitate. She also missed nearly a year of healthy training for the Olympics before and after the operation.

The highlight of her five-sport performance here was a flawless, first-place ride aboard Dino in the equestrian show-jumping event.

"My ride, gosh, I couldn't have asked for anything better," said Allen, 26, of Star City, Ind. "I did something well today, and just for a moment it felt really good."

Hugary's Zsuzsanna Voros won the gold medal with 5,448 points. Latvia's Jelena Rublevska took the silver with 5,380 points. Great Britain's Georgina Harland claimed the bronze with a 5,324 total.

Perhaps nobody had more reason to smile than Allen, who finished 18th with 4,996 points.

"How could I not be happy?" she asked. "I'm at the Olympics. This was the best opportunity in the world. The whole experience was very encouraging and positive."

"Everyone has been so friendly and so incredible — just the support I've gotten from friends and family and Soldiers," she said. "It's really made my day when I get e-mails from people I don't even know wishing me well, and people in the crowd saying, 'Captain Allen, great job. Go! Go! Go!' It's amazing how small the world can be."

Allen's feeling of accomplishment, however, was one long day in the making.

She opened with a 22nd-place finish in 10-meter air pistol shooting and followed with 12 victories and 19 defeats in epee one-touch fencing, good for 26th place in the 32-woman field.

"Believe it or not, that was OK for me," she said. "Take my years' experience times three and you probably have the youngest one out there, so I was very happy with the fence."

Team USA's Mary Beth Iagorashvili, who finished 15th with 5,052 points, encouraged Allen throughout the fence, as did WCAP pentathlon teammate 1st Lt. Chad Senior, who competed the day before.

Allen's day worsened in the 200-meter freestyle, which she swam in 2 minutes, 31.16 seconds for a 29th-place finish.

On the 3,000-meter cross-country run, Allen, a former cross-country and track star for the U.S. Military Academy at West Point, N.Y., was disillusioned by passing only four women with a 10th-best time of 11:04.37.

What's the No. 1 thing Allen will take from the Olympic experience?

"That if I put my mind to something that I'm going to do it, I'm going to do it," she replied. "And to believe in yourself — if you have that dream, to go for it, and hopefully people will believe in you."

Duffers to take hacks at AUSA golf tournament

Press release

Stewart Public Affairs Office

The Coastal Empire Chapter of the Association of the United States Army is scheduled to host their annual golf tournament on Sept. 16 at the Cherokee rose Country Club in Hinesville.

The tournament will be held to raise funds for the group and to continue to support members of the Fort Stewart and Hunter Army Airfield, said Maj. Thomas Whitaker, 3rd Infantry Division civil affairs officer.

The money raised will be used to recognize outstanding 3rd Inf. Div. Soldiers such as honor graduates from Primary Leadership Development Course and Sgt. Audie Murphy Club inductees, Whitaker said.

The tournament format will be a 4-man scramble. The cost is \$140 per team.

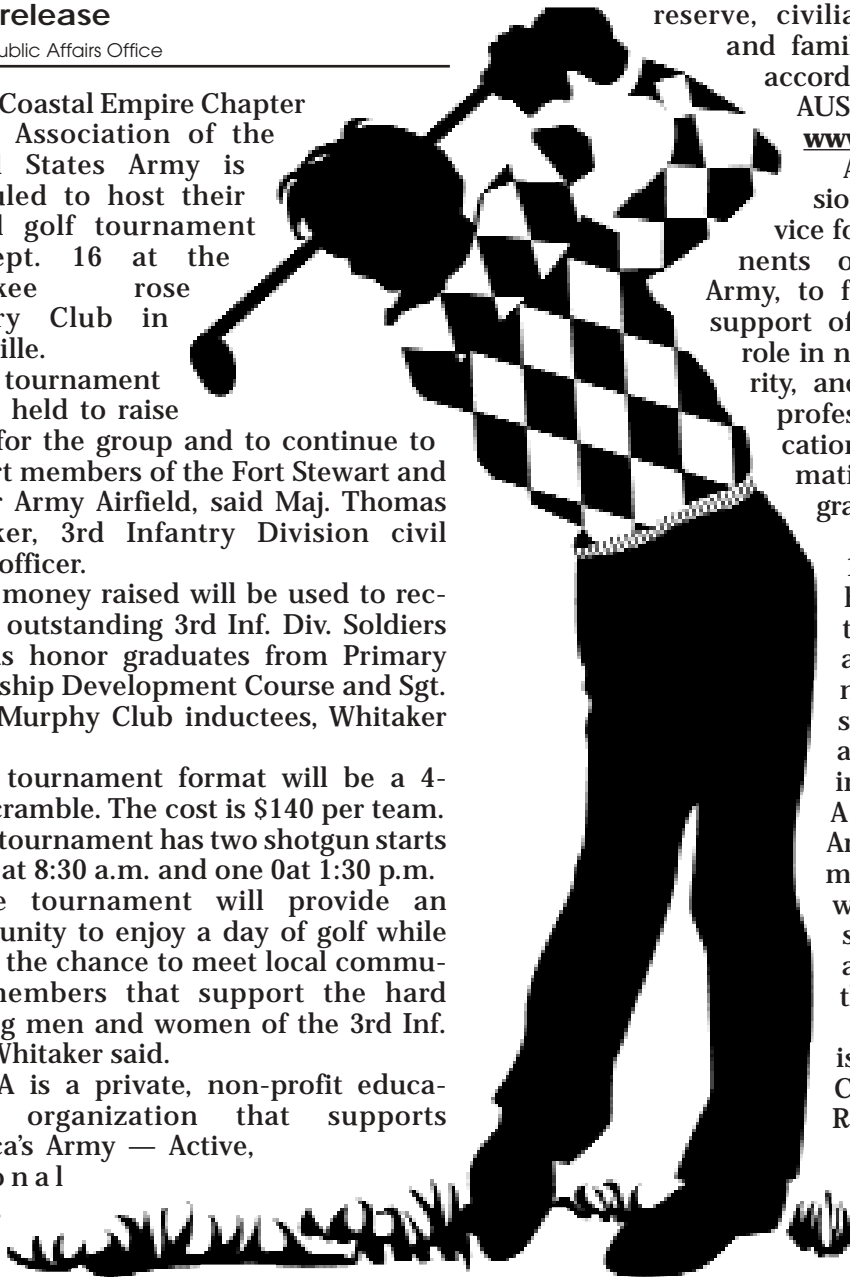
The tournament has two shotgun starts — one at 8:30 a.m. and one at 1:30 p.m.

"The tournament will provide an opportunity to enjoy a day of golf while having the chance to meet local community members that support the hard working men and women of the 3rd Inf. Div.," Whitaker said.

AUSA is a private, non-profit educational organization that supports America's Army — Active, National Guard,

reserve, civilians, retirees and family members, according to the AUSA Web site, www.ausa.org. AUSA's mission is to be the voice for all components of America's Army, to foster public support of the Army's role in national security, and to provide professional education and information programs.

Since 1950, AUSA has worked to support all aspects of national security while advancing the interests of America's Army and the men and women who serve, according to the Web site. Please register at the Cherokee Rose Country Club at 255 Cherokee Trail.



Newman Physical Fitness Center Aerobic Schedule

Mondays

Latino Rhythm with Carmen
(weights and tubing)
a.m. 7:30 to 8:30

Busy Feet Workout with Irma
(cross training)
a.m. 9 to 10

4:30 to 5:30 p.m.

Tuesdays

Butts and Guts with Carmen
(weights and bars)
a.m. 7:30 to 8:30

Basic Training Workout with Irma
(steps, body bars, weights,
abdominal work, etc.)
a.m. 9 to 10

Cardio-Stepping
p.m. 4:30 to 5:30

Wednesdays

Caliente with Carmen
(kick-boxing)
a.m. 7:30 to 8:30

Cardio Kick-boxing with Irma
a.m. 9 to 10

Step-Kicking with Irma
(cardio kick-boxing/steps)
p.m. 4:30 to 5:30

Thursdays

Basic Training Workout with Irma
(Tubes, body bars, hoola-hoops,
exercise balls)
a.m. 9 to 10

p.m. 4:30 to 5:30

Fridays

“Master C” Workout with Carmen
(Buns & thighs workout/cardio kicking)
a.m. 7:30 to 8:30

Killer Friday with Irma
(kicking, stepping, hooping and
weights, etc.)
a.m. 9 to 10

p.m. 4:30 to 5:30

Saturdays

Pick Your Poison with Asha
a.m. 9 to 10

Marne Scoreboard

Football

2004 Fort Stewart Intramural Flag Football

DET3 3rd SIG CO (12) HHS 1/39 FA (13)
C CO 1/64 AR (12) HHOC STB (6)
E 26th FSB (20) B CO 92nd ENG (21)
B CO 1/41 FA (31) D CO 1/64 AR (26)
1st DET 3rd SIG (FORFEIT) A CO USAG (7)
226th QM (20) HHB 1/41 FA (18)
HHB 1/41 FA (12) B CO 1/41 FA (20)
D CO 1/64 AR (15) 226th QM (32)
15 ASOS (32) E CO 26th FSB (18)

Standings

Marne Conference				Southern Conference			
Team	Won	Lost	Pct	Team	Won	Lost	Pct
E Co. 26th FSB	2	1	0.750	B Co., 1/41 FA	5	0	1.000
15 ASOS	2	0	1.000	D Co., 1/64 AR	3	2	0.600
HHOC STB	1	1	0.500	HHB 1/41 FA	3	2	0.600
A Co., 4/64 AR	0	0	0.000	C Co., 5/7 Cav.	0	0	0.000
A Co., 1/133 MP Co.	0	0	0.000	FSC 4/64 AR	0	0	0.000
B Co., 4/64 AR	0	0	0.000	B Co., 3/7 IN	0	0	0.000
A Co., 3rd Bde. BTB	0	0	0.000	C Co., 3/69 AR	0	0	0.000
HHS 1/39 FA	1	0	1.000	226th QM Co.	2	0	1.000
632nd MT Co.	0	0	0.000	HHC DSB	0	1	0.000
B TRP 5/7 Cav.	0	0	0.000	HHSC 3rd STB	0	2	0.000
Det. 3, 3rd Sig Co.	0	2	0.000	A Co., USAG	1	3	0.250
C Co. 1/64 AR	1	2	0.333	1st Det. 3rd Sig.	0	3	0.000

Liberty Conference							
Team	Won	Lost	Pct	Team	Won	Lost	Pct
3rd SSB	0	0	0.000	A 1/9 FA	0	0	0.000
B Co., 26th FSB	0	0	0.000	92nd Chem.	0	0	0.000
B Co., 92nd ENG	0	0	0.000	HHC 1/64 AR	0	0	0.000
HHT 5/7 Cav.	0	0	0.000	HHC 4/3 BTB	0	0	0.000

Got Scores?
Contact the Frontline
at 767-3440.